



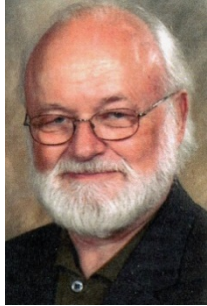
# AROUND THE BEND



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## **President's Message October 2016**

October! A month of rich fall color! Yellow, red and orange leaves, and of course the rich russet brown of our oak trees. Many picture takers are about looking for the perfect image that tells the story of October. This month we also celebrate Columbus Day and of course Halloween. I miss scary children coming to my door for goodies. Enjoy this fall season as we anticipate cold, slippery and white blustery weather. We are not afraid!

We continue to develop and shape several major projects. And, we are not afraid! So, to help keep you in the information loop, here are some updates.

### **Our Roof Project Status**

Our Riverbend Roof Project Working Group continues to meet approximately every other week. We post the dates of these meetings in the mail room. You are welcome to come sit in the audience and observe the Working Group's discussion.

The Riverbend board has approved the FEA prepared Bid Package pending some modifications and additions. We have also established a schedule of significant steps and dates as we move toward awarding the Roof Replacement Project to a selected Contractor. Then we will negotiate and sign a contract.

Here are the dates:

- September 22, 2016 – Board gives final approval of revised bid documents and office

- informs FEA of bid document approval.
- Week of October 31, 2016 – FEA sends bid documents to approved and selected roof contractors
- November 16, 2016 – Contractors come to Riverbend for a pre-bid meeting. This is not a meeting for public observation.
- December 15, 2016 – at 1:00 p.m. bids are due. They will be opened at a Special Board Meeting starting at 2:30 p.m.
- January 19, 2017 – After the Roof Project Working Group, Building Facilities and the Budget and Finance Committees have recommended a contractor the Board approves the roofing contractor.
- Early February 2017 – Bid is awarded and contract negotiations begin.

The Roof Contractor Bid Package & Contract and the HVAC Contractor's Contract will require both contractors to work with and coordinate with each other for the most cost effective process for both contractors, so work by either contractor is not overly encumbered.

### **Replacing our Common area HVAC Units**

We are working with ME Flow to bring a Carrier Inc. representative and engineer to meet with us to discuss the state of the art of HVAC units that will serve our building's common area HVAC needs.

How do they work? How efficient are they? What will be their costs? And, what is the anticipated pay back in terms of energy efficiency? We will post the date of this meeting once we have secured one.

### **Our individual unit's AC replacement**

I hope many of you came to the September 29 unit owners meeting with ME Flow. This project is totally voluntary, no one is required to purchase a new AC unit when the roof project occurs. However, because the Riverbend Association is paying for portions of the normal AC replacement, and because we are negotiating a bulk unit purchase from Carrier Inc. there will be a significant cost savings compared to the normal AC replacement costs. This is a huge savings and benefit to all of you who have units which are no longer covered by the manufacturer warranty. This replacement process will mean an individual contract with ME Flow for each participating owner. Sign up at the office if you haven't done so. Should you choose to use a different contractor, you may do so after the roof project has been completed. We will not be permitting other contractors on the roof while roof project is under construction.

### **Proposed By-Law Amendments Update**

We have taken a somewhat different tact to gaining more votes with the goal of approving our By-Law amendment that provides for a Resale Transfer Fee. Instead of mailing out the official documents again, Board members and volunteers have gone directly to those who have not voted and encouraged them to vote, and of course we encourage them to vote positively for the change. We continue to say in a public-manner as well as privately, that if anyone wishes to change their vote, they may. This has been quite successful! We are just a few votes short of securing the required 67%. If you have not yet voted, I encourage you to be one of the remaining few votes needed to reach our goal. The roughly \$13,000 additional income that the Resale Transfer Fee will bring in will reduce our 2017

monthly assessment by several dollars. A nice benefit for all of us.

### **Kitchen & Bath Supply Valves Project**

This project is on schedule to occur sometime in January and February. We now have the prices for all elements of this project. Come to the office and we can calculate your total and receive your 20% deposit to help us purchase the valves in advance. This is another service that will save the unit owner significant money over contracting the valve replacement yourself. However, it is voluntary. If you don't choose to replace your valves during this time your costs will be at a much higher rate later. The new valves are all quarter turn ball valves and are far more secure from leaking than the traditional screw valves with the felt or rubber washers. This saves Riverbend significant funds as well as the individual home owners.

### **2016 Riverbend and LWVA Board of Director Election Process**

Our By-Laws state that if there are the same number of people running for office as there are open positions an actual election is not necessary. So, we are eliminating the normal election process and will vote by acclamation at our Annual Meeting on October 6, 2016, at 7:00 p.m.

Current Riverbend board members Priscilla Sammet and Cecilia Frenkel will each receive 3 year's terms in office. Joyce Moore will serve 1 year in the LWVA Board of Members, representing Riverbend along with our President.

### **Thoughts and Comments**

We are pleased to welcome Debi Sinsel to our office staff as our new Assistant Manager. She is and will be an important asset to our community. Our office staff and our engineering staff work hard on our behalf and the next year and half will require even more from them as we complete the very large and complex projects listed above. Stop in and offer your thanks and appreciation.

As always, feel free to sit in on any and all committee meetings. An audience always makes our meetings more meaningful!

*--- Bert Schlabach, President  
Riverbend BOD*



**Management Corner**  
**Sandy Swarr**

**Upcoming Events**

**October 6 - Riverbend at Lansdowne Woods**

**Annual Meeting:** 7 p.m.

**October 13 - 2017 Budget Presentation:** 7 p.m.

The Budget & Finance Committee will present the proposed 2017 Budget followed by a question/answer period. Any additional comments/concerns, following the meeting, must be submitted in writing by October 18, 2016. These comments/concerns will be presented to the Board of Directors for their review and consideration prior to approval of the final budget at their October 27, 2016 meeting.

**October 17-21 --- ME Flow Filter Replacement and Inspections.** Notice was delivered to you in the September newsletter.

**October 28 --- DEADLINE to return screen removal forms and payment.** Forms are in this newsletter.

**November 1 - 7 --- Screens** will be removed for upcoming Window Washing.

**November 8 - 9 --- Window Washing -** Weather permitting.

**November 10 & 11 --- Screens** will be replaced.

The Budget & Finance Committee is seeking new members. If you are interested, please stop in the Management Office or contact Carole Meals, Committee Chair.

**Happy Autumn!**





*Around The Bend is a publication of the Communications Committee of Riverbend at Lansdowne Woods Unit Owners Association and is available on our web site at <http://riverbend-lwva.org>. The appearance of advertising within this publication is neither a guarantee nor an endorsement by the Committee nor Association of the product, service or company or the claims made for the product in such advertising.*

**From the Engineer**  
**Bryan Crosley**



**Prevent Kitchen Drain Clog**

To help prevent drain clogs in your unit and throughout the building, DO NOT put these items down the drain or through the garbage disposal: oil, grease, rice, banana peels, orange peels, apple peels, potato peels, celery, spaghetti or macaroni, just to name a few. When you use your disposal or sinks, always use plenty of water to wash it down..

*Quilt by Diane Jordan*

**A SHOW OF RIVERBEND  
ARTISTS**  
Opening 7:00 pm.  
OCTOBER 27, 2016

# COMMITTEE REPORTS

## Activities

### Riverbend Residents Are Great.

This year the residents of Riverbend donated \$6,786.00 to AVFRD. Because of your kind generosity, we at Riverbend have made a statement: “we care for those who care for us, Thank you AVFRD for all that you do for our community.” And, thanks to all of our Riverbend family who contributed to this year’s fundraiser. Your donations help “keep the wheels rolling “ at the AVFRD. An additional point of interest is that the total fundraiser for this year topped last year’s by \$142.00. All of this is just numbers. What counts are the combined efforts of all who supported the fundraiser. The dinner was delicious and the speaker was informative. Many thanks to Heidi



Wallner, from the fire department, for all the helpful topics she covered. Gail Young, a volunteer for the AVFRD and a Riverbend resident, at our dinner added to the success of the fundraiser dinner.

### October’s Events Will Be Interesting.

The Riverbend Annual Meeting takes place on October 6, at 7 p.m. All residents are encouraged to attend this yearly meeting. Light refreshments will be served.

On October 27, at 7 p.m., the Gallery opening, presented by George Viener, will be held. Several selections of crafts created by our talented friends and neighbors will be on display. Contact George Viener for more information. This is an event you will not want to miss. The activities committee will be hostesses for the evening.

### November Calendar

A Harvest Dinner will be held on November 10, at 6 p.m. Watch for posted details coming soon.

### December

December 3, will be the Christmas tree trimming for all residents and a special visit from Santa

Claus. Family and especially grandkids are always welcome to these events. Look for more details closer to the date, but mark your calendars now so you won’t miss out on all of the fun and excitement.

A big thank you to all members of our committee for all that they do. We all enjoy what we do and want to share that experience with others. Join us and become a member.

The Activities Committee meetings are held on the first Monday of each month, at 10:30 a.m. in the Riverbend Party Room. All are welcome to attend.

--- Cathy Black, Co-Chair

## Communications

Jo Ann Bloomberg is our new newsletter distribution chairman. Last month, Jo Ann took over from long-time chair, Marge DeSimone, who led a group of enthusiastic volunteers who worked to assemble, collate and distribute *Around the Bend* and *The Connector* every month. Sincere thanks to Marge for her tireless commitment to ensure that all residents received the newsletter on schedule.

Our apologies to Marcia and Tim Smith for an error in last month’s “Welcome” feature. Their former place of residence was North Springfield, VA, not Smithfield as was written.

Please note if you submit photographs of a person or event, make sure that it is OK with your subjects that you do so. We welcome pictures and like to include them each month. We want everyone to be comfortable with those that are published.

---Gini Laughlin, Chair

Communications Committee
Chairman/Editor: Virginia Laughlin Layout/Production: Virginia Laughlin & Beth Schlabach Editorial Staff: June Ashley, Barbara Bracebridge, Maria Kelly, Bernie Nakamura, Beth Schlabach, Bonnie Wohlford and Anita Zatz Distribution: Jo Ann Bloomberg, Chair Bobbie Brennan, Bea Childs, Marge DeSimone, Lorraine Eiermann, Cecilia Frenkel, Maria Kelly, Jackie Levdah, Judy Martinowsky, Ann Robinson, Pat Scheffel, Betty Simmons & Peg Ware Board Liaison: Cecilia Frenkel



## Community Services

### Loudoun County — Economically Successful:

For the second consecutive year, Loudoun County has been ranked #1 in Virginia in new commercial investments by SmartAsset, a personal finance technology company. The annual study ranked each county's growth in the number of its new businesses, the monetary value of goods and services produced, the number of its new building permits, and its municipal bond debt. The executive director of Loudoun County's Department of Economic Development, Buddy Rizer, stated that Loudoun County has "unique assets that make companies want to start and to grow here," including having a "top international airport, mixed-use developments 25 miles from the nation's capital and 25 minutes from scenic farmland, undeveloped land near future Silver Line Metro rail stations, access to the most educated population in the U.S., and the largest and fastest growing data center hub in the world."

Loudoun County is also home to 25 of America's fastest growing private companies, according to the recently released 2016 annual ranking of the 5,000 fastest growing private businesses in the U.S. by "Inc." magazine, a monthly publication which evaluates the growth of private businesses.

### Loudoun County Public Library

#### "1 Book, 1 Community" Program:

Some of us have previously participated in the Loudoun County Public Library "1 Book, 1 Community" fall event. This annual countywide reading program encourages all Loudoun County residents from middle school students through senior citizens to read and discuss the same book. Its purpose is to promote community dialogue and understanding through this shared experience. This year's selection is "Challenger Deep" by Neal Shusterman, winner of a National Book Award. The book is described as a "captivating novel whose themes of mental illness, family and courage are powerful and thought provoking." The author will be discussing his book on Tuesday, October 18, at 7:00 p.m. at Tuscarora High School, 801 N King Street, Leesburg. Free copies of the book are available through library outreach services such as those provided at the Lansdowne Woods Clubhouse on the first and third Tuesday mornings of each month. Free books are also available at all Loudoun County library

branches and at the Leesburg County Government Center.

### IRS Scams Revisited:

The Loudoun County Sheriff's Office has recently been receiving increased reports of residents being repeatedly contacted by callers claiming they are with the IRS. The victims were told they owe back taxes and that a warrant was issued for their arrest. In many instances the scammers demanded payment by iTunes gift cards, other reloadable cards, or by money wired through services like Western Union. The Sheriff's Office advised residents to remember the following:

1. Never provide personal or financial information to anyone who emails or calls you unsolicited.
2. Never provide any debit or credit card numbers or any gift card information to someone you don't know.
3. Never wire money to someone you don't know.
4. Never provide a payment by money card / gift card or wire money to any government agency or utility company.

The increased number of IRS scams makes it the largest, most pervasive impersonation scam in the history of the IRS. If you have fallen victim to an IRS scam and lost money, the Sheriff's office recommends that you report it to the Treasury Inspector General for Tax Administration (TIGTA) on its website:

[www.treasury.gov/tigta](http://www.treasury.gov/tigta) or by calling the TIGTA hotline at: [800-366-4484](tel:800-366-4484). For those of us who receive telephone calls from an IRS impersonator, the TIGTA's deputy inspector general for investigations requests that all calls be reported to TIGTA along with the call-back number given you or left on your voice mail, because this call-back phone number might lead to arrests, can be shut down, and can help build an evidentiary trail. The current prevalence of IRS impersonation scams was recently the focus of a financial column in *The Washington Post*. The columnist reported that the Treasury Inspector General considers the IRS telephone impersonation scam "one of TIGTA's highest investigative priorities" and its perpetrators will continue to be aggressively pursued. It is hoped that the reporting of every attempt by a scammer will result in reducing the incidence of the scam and thus may save others from being swindled.

--- Anita Zatz

## Welcome Debi!



Deborah Sinsel began work as our Assistant Manager on August 29. She has experience in accounting and the administrative field. Debi knows many of us because she worked at Loudoun Nursing and Rehabilitation Center for 11 years. If you recognize her, that is probably where you saw her.

Debi lives in Bunker Hill, WV, with her dog, Cali, a Pomeranian. Her name is shortened to Cali for California Girls from the Beach Boys. Debi enjoys cooking, gardening, quilting and camping. Debi has two daughters and one son. The oldest daughter, a Professor and Dental Hygienist, lives in Sacramento, CA. The other daughter is a Domestic Engineer (a stay-at-home mom) who lives in Bristol, VA. Her son is a barber and lives in Bunker Hill. Debi has two grandsons, ages one and nine. While interviewing Debi, she shared exciting news. She and her fiancé, Todd plan to marry next May.

Debi is looking forward to getting to know all of us, serving us well and being a great Assistant Manager. On her first day of work at Riverbend she had to print *Around the Bend*. That made her feel like she had to immediately prove her worth. Sandy said, “she has.”



The Annual Ladies Board Rummage Sale will be held on October 15 and 16 from 9 – 3 at Morvan Park Equestrian Center, Leesburg. Pick-up date for Lansdowne Woods is Tuesday,

October 10. People wishing to donate items should leave them on the loading dock no later than 8 a.m. that morning. DO NOT leave them there the night before.

For more information, see the insert in this month’s newsletter.

## Glenda and Scott’s Patio Garden

For many years, Glenda and Scott Grigsby lived in a home surrounded by 23 acres of land with three acres that were landscaped and had raised beds. Ten years ago they moved to a condo in Reston without any garden space at all. That was a very difficult change for them so they looked for a condo with garden areas. When they found condo Unit 121 here at Riverbend, they were delighted; it had an outdoor area that was a good size for them to care for and just beyond that there were raised beds.

Glenda and Scott drew up plans for their patio garden and sent it through the official process for approval. They hired a local contractor to implement their design, placing plantings throughout with stepping stones for easy access. Photos show many flowering bushes and plants. Several garden containers have lobelia, verbena and lantana; and pots from Glenda’s grandmother have rosemary, coreopsis, boni scaevola, bat faced cuphea and aloha lona calibrachoa. There are lavender bushes, bee balm, lime hydrangea, corpora’s (tick seed), euphorbia, salmon drift roses, day lilies, iris, echinacea (cone flowers), veronica, and salvia throughout the garden. Glenda uses creeping thyme between the stepping stones and euphorbia as a filler. Next year she plans to add peonies and more iris.

Glenda decided she wanted some space to grow cut flowers so she rented two raised beds where she planted zinnias. They were a beautiful addition to our garden area.



Every day you can see Glenda in one or all of her gardens weeding, watering, and transplanting, refining what the contractors did. One of our residents commented, “That patio garden looks so much better than it has for all of the five years I have lived here.”

--- Beth Schlabach

Happy  
Halloween!



### MEET THE REAL LAURA NICKLE



*“It’s quarter to three; there’s no one in the place except you and me . . .”*

It may not be quite so late, and there are probably other people around, but this familiar refrain sums up many of Laura Nickle’s nights.

Since March of last year, much of her focus has been on playing keys for The Neno Project, arranging and promoting the original music of Cornelius Powell.

But Neno’s soulful, gospel sound is only one taste on Laura’s musical menu. She is now also the keyboardist for the The Virginia Hipnecks, and Classic Rock is the genre. At the audition, the band’s leader, Pappy, presented her with a list of 42 numbers. She had heard some of them in her youth but had never performed them. He convinced her that she could rise to the challenge. And it was a baptism of fire. Their first gig together was at a private party one week later for Rolling Thunder at a home in Great Falls. A long day and another late night.

Through a friend, Laura met a family of musicians who tapped into her love of classical music. They are five brothers. Two are with major orchestras, two are instrument makers, all graduated from Indiana University’s famed music department, several are married to musicians, and all of them play beautifully. Now Laura joins them whenever possible to make music, not for an audience but for the love of the experience itself.

The Laura Nickle we know is the lively, loyal pianist belting out old favorites every Wednesday evening during Happy Hour in the clubhouse

fireplace lounge. She’s at the piano accompanying The Women of Note or other vocalists at many of our LW events. And it is Laura who brought us Cabaret, originally an intimate evening of entertainment and more recently a full-blown talent show. She gives generously of her time and talent in rehearsals to get us up to speed.

But piano playing is just one of the natural gifts of this multi-dimensional woman. Laura actually has a day job! Since 1987, she has owned and operated a busy public relations firm, with projects as varied as her talents; she currently has communications contracts with LW of Maryland and with our Association here at Lansdowne Woods.

The journey from her childhood in Michigan, centered around a strict Calvinist home and church, to the amazing woman she has become is a fascinating story which began in 1981 when 21-year-old Laura Kregel arrived in Washington, DC. She took a temporary job, originally for just three days, with the National Association of Home Builders (NAHB). She took the initiative to approach the author of an article she was typing with a content query, and that led to a full-time job assisting the Senior Vice President of Public Affairs. By 1983, she was running the press room for NAHB. And this with no formal training. “I could always write,” says Laura, “so that opened doors. And, thanks to the piano, I was a good typist; 104 words per minute!”

For NAHB’s spring board meeting at the Washington Hilton in 1983, President Ronald Reagan was to be the keynote speaker. Laura was asked to get a staff choir together, so she bought a piano for the association, rehearsed the singers at lunch time, and performed at the affair: “Bless this house, oh Lord I pray; keep it safe by night and day.” It was the perfect choice of music. The event was a huge success, and Laura was now a public relations pro! She explains it this way: “Nobody cared if I went to college. It was ‘What have you done?’”

In 1990, one of her clients was IDI, builder of Leisure World of Maryland. She wrote the original announcement for the acquisition of land for



their newest venture: our community. She organized the ground-breaking ceremony for our original sales center. And she has been our friend ever since.

So, how does she do it? How does Laura Nickle run a business, raise a son, keep a beautiful house, and nurture friendships as eclectic as her tastes in music? Clearly music energizes her, and clearly she finds joy in using her talent to spread joy. That joy, in turn, enriches her life immeasurably.

When Laura sits at the beautiful baby grand piano in her living room and creates gorgeous sounds with her fingertips, it brings to mind Billy Joel’s lyrics:

Any day  
Any hour  
All it takes  
Is the power in my hands  
This baby grand’s  
Been good to me.  
--- Bernie Nakamura  
Photo: Bob Nakamura



The Adventurous Eater

Judy Kory

“Tepito Tex-Mex Grill”

I was disappointed when Roxy’s in Lansdowne Town Center closed. Their fried plantains were super. I am happy to report that Tepito’s, which replaced Roxy’s, has excellent “platanos fritos” (\$5).



You are greeted with complimentary salsa and excellent chips: light, thin, crisp, and not greasy. A

neighbor recommended Tepito’s mojito (\$7.50): a traditional Cuban cocktail of rum, lime juice, sugar, mint and sparkling water. It is delicious and refreshing! Margaritas are also a specialty.



Happy Hour is Monday through Friday from 3 to 6. House margaritas are \$5 for small and \$9.50 for large. Frozen margaritas include lime, strawberry or swirl for \$5.50 / \$10. Bottled beers (Tecate, XX Dos Equis lager, Sol) and draft (Negra modelo Pacifico, XX Dos Equis amber) are all \$3.50. Appetizers are \$5 to \$9.



Carne Asada (\$17) is marinated skirt steak served with Mexican rice, refried beans, and a house salad. My steak was cooked exactly as requested and was flavorful and tender. The salad could have used a bit more dressing, but everything was tasty.

The staff is friendly and attentive; the menu is extensive; portions are generous; prices are reasonable. I look forward to many more visits to Tepito Tex-Mex Grill: 19345 Promenade Drive, 571-333-5251, for lunch, happy hour, dinner, and Saturday and Sunday brunch (11-3.)

People often ask if I’ve been to various restaurants. I have reviewed many of them over the last several years. Previous Around the Bend issues are available in the lobby on the bookcase near the desk.

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Margarita Swirl

Delicious offerings by  
Tepito Tex-Mex Grill

Ceviche

